

# Group Fitness

# Schedule

Aug 29 - Dec 8



Studio 1



Studio 2



Studio 3

## Monday



Michaela

6:30 - 7:15 am  
Cycle 45



Amber

6:00 - 6:45 pm  
HIIT



Ashley

6:00 - 6:45 pm  
Pilates



Kirsten

7:00 - 7:45 pm  
Buttz & Gutz



Amber

7:00 - 7:45 pm  
Cycle 45



Stacia

7:00 - 7:50 pm  
Mixed Levels Yoga



Kirsten

8:00 - 8:45 pm  
Stretch & Destress



Elizabeth

8:00 - 8:50 pm  
Cardio Hip Hop

## Tuesday



Stacia

6:30 - 7:15 am  
Rise & Shine Yoga



Marissa

9:00 - 10:00am  
Jump Start



Joe

5:30 - 6:15 pm  
STRONG



Mady

5:30 - 6:15 pm  
Barre



Hannah

6:00 - 7:00 pm  
Cycle & Core



Amber

7:15 - 8:00 pm  
Cycle 45



Bailey

7:00 - 8:00 pm  
Mixed Levels Yoga



Kirsten

8:00 - 8:45 pm  
Cardio Kick



Bailey

8:15 - 9:00 pm  
Gentle Yoga

## Wednesday



Amber

6:30 - 7:15 am  
Cycle 45



Amber

7:00 - 8:00 pm  
Cycle Fushion



Bailey

7:30 - 8:30 pm  
Intermediate Yoga



Elizabeth

8:00 - 8:50 pm  
Cardio Hip Hop

## Thursday



Marissa

9:00 - 10:00am  
Jump Start



Joe

5:30 - 6:15 pm  
STRONG



Ashley

5:30 - 6:15 pm  
Barre



Hannah

6:00 - 6:45 pm  
Cycle 45



Mady

6:30 - 7:30 pm  
Dance Party



Michaela

7:00 - 7:45 pm  
Cycle Circuits

# Group Fitness

# Class Descriptions

## Cardio and Strength

**Buttz & Gutz** - A class specific for strengthening and toning all muscles of your lower body and core. *(All levels)*

**Cardio Hip Hop** - Designed for anyone looking to raise their heart rate with the dynamic switches between slow and fast movements. No dance experience needed! *(All levels)*

**Cardio Kick** - Kick, punch, kick, and sweat your way through this a kickboxing inspired workout. *(All levels)*

**Dance Party** - An aerobic workout that incorporates many forms of dance. You will reach a variety of intensities based on the different songs. No dance experience needed! *(All levels)*

**H.I.I.T** - (High Intensity Interval Training) A high-intensity workout that focuses on full-body strength conditioning paired with cardio bursts. *(Intermediate/Advanced)*

**Jump Start** - A fun, yet less-rigorous aerobics class with lots of variety and functional exercises for those who want to improve cardiovascular endurance, strengthen joints, increase flexibility, and tone muscles. *(Low impact)*

**STRONG** - A high intensity class that combines body weight training, muscle conditioning, cardio, and plyometric exercises synced to original music that has been specifically designed to match every exercise. *(Intermediate/Advanced)*

## Mind and Body

**Barre** - A hybrid of ballet-inspired moves with different elements of ballet, yoga, and strength training. *(All levels)*

**Gentle Yoga** - A slower paced yoga class. Designed with less intense positions and more meditation focused. *(All levels)*

**Intermediate Yoga** - Designed to take your practice to the next level for participants who have perviously practiced yoga and are looking to build more strength and mind/body connection. Prior yoga experience is highly recommended and encouraged. *(Intermediate/Advanced)*

**Mixed Levels Yoga** - This yoga experience is designed to improve posture, flexibility, and muscular strength and is great for polishing your current practice or helping you being your yoga journey. *(All levels)*

**Pilates** - With an emphasis on core strength, you will tone your body and improve your overall well-being. *(All levels)*

**Rise & Shine Yoga** - Simple yoga positions with focus on breathing exercises, deep relaxation to increase flexibility, and increased well-being. *(All levels)*

**Stretch & Destress** - Join us for a relaxing 30 minutes of gentle, athletic stretching followed by 15 minutes of mindful meditation. *(All levels)*

## Cycling

**Cycle 45** - 45 minute indoor cycling class that challenges your endurance and enhances your cardio fitness. *(All levels)*

**Cycle Circuits** - With this class you will switch between the bike and strength training. *(All levels)*

**Cycle Fashion** - An intense combination of indoor cycling and strength training. *(All levels)*

**Cycle & Core** - This high intensity class will push your cardio endurance as well as challenging your abs. *(All levels)*